



Llano County Enrichment PROGRAM

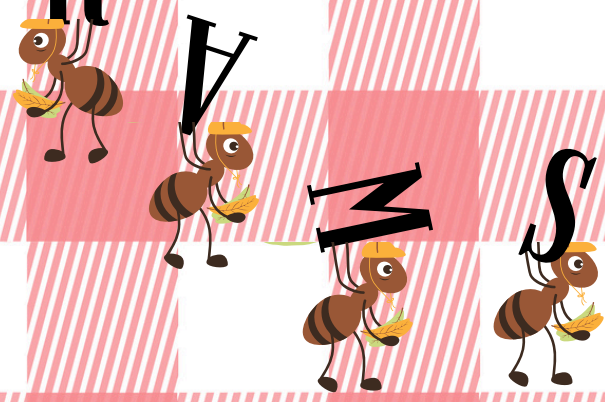
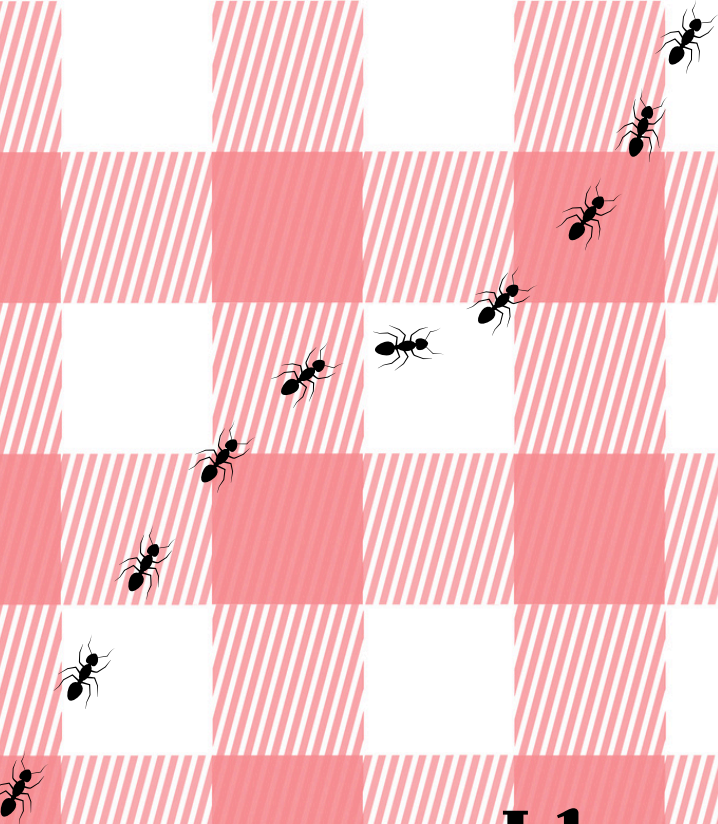


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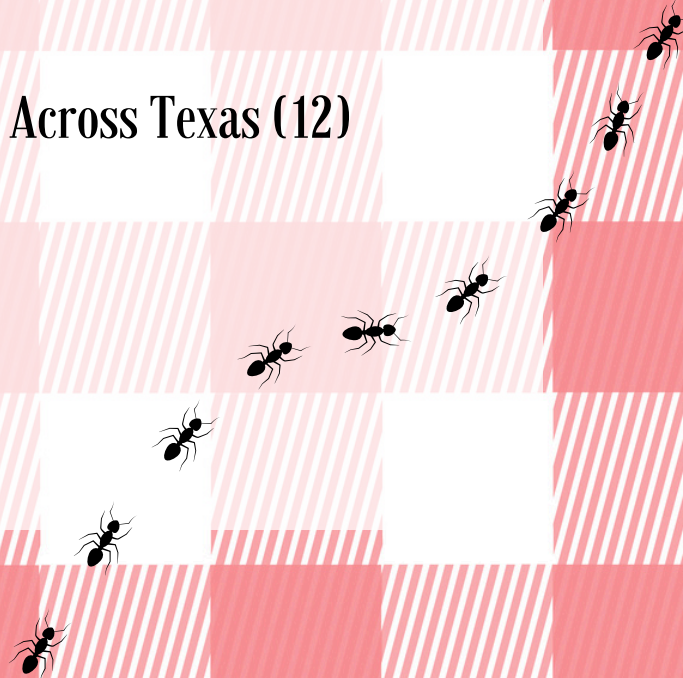
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Overview of Programs & Expectations

Mission:

4-H in the classroom is a wonderful way to help with curriculum enrichment. Through Texas A&M AgriLife Extension, we have a variety of programs that we can present to your classroom FREE of charge. Through these programs, we are able to bring different resources to your classroom that help enrich the subjects already being taught. All programs incorporate TEKS guidelines!

Programs:

This catalog has all the programs offered with a short description. Please read the descriptions carefully as they provide detailed information about content, number of visits, and suggested grade level.

The catalog is broken down into the following topics:

- Agriculture & Science
- Citizenship, Leadership & Personal Development
- Health & Wellness
- Texas 4-H Explore Guides



Overview of Programs & Expectations

Requesting Programs:

You may submit your request by email or calling our office at (325)247-5159.

Should you have any questions or need additional information, please do not hesitate to contact us!

We ask that you contact us with the program you would like as soon as possible, our calendars tend to fill up quickly!

What is Expected of You?

- Request a program in a timely manner either online, emailed, or mail in a paper form
- For each program you participate in, we must collect evaluations for reporting purposes. We will provide pre and post test forms, and we ask that all the students fill them out.

For Questions or More Information Contact:

Tamra Kott | County Extension Agent/4-H

tamra.kott@ag.tamu.edu OR (325)247-5159

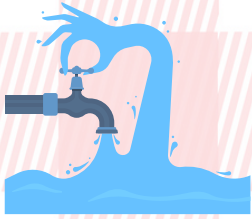
Whitney Whitworth | County Extension Agent/ FCS

whitney.whithworth@ag.tamu.edu OR (325)247-5159



Agriculture & Science Curriculum

Give Water A Hand



Suggested Grade Level: 5th - 9th

Number of Sessions: up to 8

Length of Session: 1 hour

Teaches youth the importance of protecting and improving water resources through the watershed approach. Additionally, students will investigate local water concerns and design and direct a community action project.

Investigating Water



Suggested Grade Level: 3-5th

Number of Sessions: up to 12

Length of Session: 0.5 hour

In the Investigating Water program, students are introduced to groundwater, hydrology, watersheds and wetlands in addition to the effect of water on the environment and on ecology. This program has **MULTIPLE** lessons,

The Honey Files: A Bee's Life



Suggested Grade Level: 4th - 6th

Number of Sessions: up to 7

Length of Session: 1 hour

Learn about the life of honey bees and their importance to our everyday life!



Agriculture & Science Curriculum

Egg to Chick



Suggested Grade Level: k - 5th

Program Length: 28 days | Number of Sessions: 4-5

Length of Session: 30 minutes to an hour

Bring life science to life by incubating and hatching chicken eggs in your classroom! ALL supplies are provided: Eggs, incubator, chicken feed, feeder, waterer, and heat lamp. Below are the rules/guidelines for this program.

1. Eggs WILL NOT be scheduled during the months of November - Mid February. The hens molt during this time and do not lay eggs.
2. Incubators will only be set Tuesday - Thursday to help decrease the chance of a weekend hatch date.

Please keep in consideration the following things:

- 2 free outlet plugs will be needed
- You will need to be available to remove the turner on day 18
- Humidity and temperature will need to be monitored all 21 days.

Agriculture & Science Curriculum

Plants & Horticulture



Suggested Grade Level: k - 3rd

Number of Sessions: 1

Length of Session: 1 hour

Designed to provide developmentally appropriate horticultural experiences for children. Students will complete a hands-on planting activity. Supplies provided: seeds, potting soil, cups.

Fall Conservation Day



Grade: K-5th

Number of Sessions: 1 event in the Fall

This one day event typically occurs in October. It is designed to teach and explore different aspects of conservation. The theme changes every year and has covered water conservation, forest preservation, and pollination.

Ag Safety Day



Grade: 5th

Number of Sessions: 1 event in the Spring

This one day event typically occurs in May. It is designed to explore safety measures involved in various agricultural practices. These include but are not limited to boating, tractor, vehicle, and wildlife safety practices.



Citizenship, Leadership & Personal Development Curriculum

Patriotism through Preparedness



Suggested Grade Level: 4th

Number of Sessions: 6

Length of Session: 1 hour

Patriotism through Preparedness is a disaster preparedness program for youth and their families. The curriculum and fun activities teach children the importance of being prepared. Students who finish the course receive a certificate of completion.

Character Becomes You



Suggested Grade Level: 3rd - 5th

Number of Sessions: 2-6

Length of Session: 0.5 - 1 hour

Character Becomes You is an excellent resource developed by Texas A&M AgriLife Extension Service faculty. This program contains activities, exercises, teaching plans, and training ideas.

Putting the Pieces Together



Suggested Grade Level: 7th -12th

Number of Sessions: 4-6

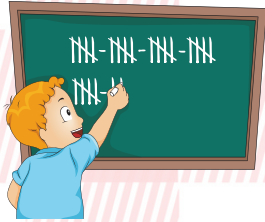
Length of Session: 1 hour

Students are taught the principles of leadership and gain life skills through this course designed for 4-H use.



Citizenship, Leadership & Personal Development Curriculum

Character Counts



Suggested Grade Level: k - 6th

Number of Sessions: 2-4

Length of Session: 1 hour

Character Counts is designed to teach students how to be people of good moral character through the "Six Pillars of Good Character".

Career Exploration



Suggested Grade Level: 6th-12th

Number of Sessions: 4-6

Length of Session: 1 hour

This is an exploration program that emphasizes career interests and awareness. During the curriculum, classes will utilize a career interest survey to evaluate and identify student career interest areas. These interest areas will then be used to bring in various speakers to talk to kids about the good and bad parts of each career and also how each speaker made it to that point in their career.



Health & Wellness Curriculum

Learn Grow Eat Go!



Suggested Grade Level: 3rd - 5th

Number of Sessions: up to 20

Length of Session: 0.5-1 hour

LGEg grows good kids through an interdisciplinary program combining academic achievement, gardening, nutrient-dense food experiences, physical activity, and school & family engagement.

Learn Grow Eat Go! Early Childhood Curriculum



Suggested Grade Level: Headstart-K

Number of Sessions: up to 20

Length of Session: 0.5-1 hour

LGEg early childhood is an easy to implement garden based curriculum.

This curriculum provides learning opportunities for food exposure, garden and plant learning activities, and physical activities to get children active!

Health & Wellness Curriculum

Balancing Your Day with Food & Play



Suggested Grade Level: 3rd – 5th

Number of Sessions: up to 20

Length of Session: 1 hour

The Balancing Your Day with Food and Play program is designed to teach students the importance of fruits & vegetables, and encourage water consumption. Limitation of screen activity and encouragement of physical activity is encouraged.

Walk Across Texas



Suggested Grade Level: k – 12th

Number of Sessions: 4

Program Length: 4 or 8 weeks

Length of Session: 30 minutes

This 8-week self led program emphasizes physical fitness and increases children's physical activity through easy competition. Teachers track the weekly mileage of each student. The curriculum will include brief lessons on various topics from stretching and proper exercising attire to lessons in nutrition that teachers can implement.

This program requires additional steps to set up a Walk Across Texas League. If this is something that you are interested in, please contact the Extension Office.

Health & Wellness Curriculum

Color Me Healthy



Suggested Grade Level: K-1st

Number of Sessions: up to 12

Length of Session: 0.5 hour

Color Me Healthy is a program with interactive learning opportunities on physical activity and healthy eating. It is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and, of course, taste. Through the use of color, music, and exploration of the senses, Color Me Healthy teaches children that healthy food and physical activity are fun.

Texas 4-H Explore Guides

There are six lessons in each book that follow the “do, reflect, apply” model of learning, providing guidance for hands-on exploration and learning about a specific topic.

Below is the complete list of Texas 4-H Explore Guides:

- Ag Product Id
- Beef
- Clothing & Textiles - Duds to Dazzle | Sewing Basics
- Consumer Education
- Food & Nutrition - Cooking in the Kitchen Guide | Dollars & Sense Guide
- Food & Nutrition - Kitchen Safety Guide | Keeping Food Safe Guide
- Housing & Home Environment
- Leadership General | Global Service | Within a Group
- Livestock Judging
- Outdoor Education - Teambuilding in Outdoor Education
- Performance Arts - Theater
- Personal Development
- Photography
- Poultry
- Public Speaking
- Rabbits
- Robotics - Building Blocks of Bots
- Science
- Sheep & Goat
- Swine
- Water Projects & Water Filtration and Electro-coagulation